Moroccan Chicken

Ingredients:

Chicken Marinade
- 1 tsp ground ginger
- 1 tsp granulated garlic
- 1 1/2 tsp turmeric
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground nutmeg
- 1 tsp ground black pepper
- 3 tbsp grapeseed oil
- 2 lb boneless skinless chicken breast, cut into cubes

Couscous and Chicken
- 2 tsp grapeseed oil, split into 1 tsp/1 tsp Marinated chicken
- 1 1/2 cups diced onion
- 5 cloves garlic, minced
- 3 cups whole wheat couscous
- 1 14.5 oz can garbanzo beans, drained
- 12 oz stock
- 8 oz tomato sauce
- 4 oz harissa sauce
- 1/3 cup dried fruits and nuts
- 1/2 cup chopped mint and/or parsley

Optional Vegetables
- 10 cups baby spinach
- 8 cups, chard, collards
- 4 cups okra
- 6-8 cups broccoli/ cauliflower/ carrots

Directions:
- For chicken marinade: Combine the spices with oil, whisk well. Combine chicken with spices and oil and marinate for 1 hour or up to 24 hours.
- In a pot heat oil over medium high heat.
- Add onions into pot and cook just until onions begin to brown.
- Add garlic, peppers, and celery into pot and cook for 3-5 minutes or until vegetables are tender.
- Add rice, oregano, fennel seeds, Cajun seasoning, and celery salt into pot and stir well. Cook for 2-3 minutes, to slightly toast the rice.
- Add tomatoes, tomato sauce, stock, beans and corn into pot stir well and bring to a boil. Cover the pot, reduce the heat to low and simmer for 20-25 minutes, stirring half way through.
- Add beans and corn into pot, stir well, cook until vegetables are heated through.
- Taste and season with salt and pepper if needed, serve with chopped green onions as a garnish.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 2/8/2013.

Serves 8